

Below you will find a partial list of services that may be helpful to you, your family, your friends, or your neighbors. If you know of a service that would be helpful for Vancouver citizens, but is not listed here, please contact me and I will include it in this list.

Thanks!

Tim

Resources:

Help with Voter Registration

- You can register to vote online, at www.vote.wa.gov.

Help with Foreclosure

- Homeownership and foreclosure information for Washington residents: www.homeownership.wa.gov.
- The Washington State Department of Financial Institutions has oversight of banks and credit unions. If you have an issue with a bank or credit union, you can call (360) 902-8700 or (877) 746-4334.

Help with Taxes

- American Opportunity Tax Credit: For families with one or more students attending college. For more information, visit <http://www.irs.gov/newsroom/article/0,,id=205674,00.html>.
- Property tax exemptions for seniors, disabled persons, homeowners with limited income, and widows or widowers of veterans can be found here <http://dor.wa.gov/content/findtaxesandrates/propertytax/incentiveprograms.aspx#1>.

Help with Health Resources

- Find a list of general information and resources regarding health care at the Office of the Insurance Commissioner: <http://www.insurance.wa.gov/consumers/health/cantafford.shtml>.
- General Medical Services:
 - Free Clinic of SW Washington offers limited free medical services: www.freeclinics.org, or (360) 313-1390.
 - Community Clinics: Offer health care services and charge based on a sliding-fee scale.
 - Sea Mar Vancouver Medical Clinic: www.seamar.org, or (360) 896-5128.
- Vision Assistance:
 - National Eye Care Project (800) 222-3937.
 - Northwest Lions Foundation (800) 766-4466.
 - Vision USA www.aoa.org/x5607.xml.
- Dental Assistance:
 - Sea Mar Vancouver Dental Clinic: www.seamar.org, or (360) 574-4074.

- New Day Community Dental Clinic: (360) 892-7107.
- Prescription Assistance:
 - A service sponsored by the pharmaceutical industry that is a single point of access to more than 475 patient assistance programs can be accessed at www.pparx.org, or by calling 1-888-477-2699.
 - Designed to help people find information on assistance programs quickly and easily, access2wellness is another resource for prescription assistance, as well as other services: www.Access2Wellness.com.

Help with Free Legal Assistance

- The Northwest Justice Project can provide legal help to those in need. <http://nwjustice.org/>.

Help with Unemployment

- To file or manage a claim for unemployment insurance, visit www.esd.wa.gov/uibenefits/index.php.
- To find support for your job search activities, visit <https://fortress.wa.gov/esd/worksource>.

Help for Veterans and Service Members

- To find information about family programs offered through the WA State Department of the Military, visit <http://washingtonguard.org/familyprograms/> or call (800) 364-7492.
- For additional assistance navigating the many benefits and entitlements you are eligible for, visit http://washingtonguard.org/veterans_transitions/ or call (253) 512-8722.

Help with Utility Assistance

- Washington Low-Income Home Energy Assistance Program: <http://www.liheapwa.org/>.
- Washington Telephone Assistance Program: (888) 700-8880.

Help with Ombudsmen

- **Office of the Self-Insured Ombudsman-Dept of Labor & Industries** -- Independent investigation & resolution of employee complaints regarding non-payment of medical claims and benefits due injured employees working for companies that are self-insured. (360) 902-4818, or hoos235@Lni.wa.gov.
- **Office of the Family & Children's Ombudsman** -- Investigates complaints about CPS agency actions or inactions that involve: Any child at risk of abuse, neglect or other harm. A child or parent involved with child protection or child welfare services. (800) 571-7321.
- **Office of Education Ombudsman** -- Helps resolve conflict and disputes between Washington families and elementary and secondary public schools. (866) 297-2597.

- **Special Education Ombudsman** --Support to parents, guardians, educators and students with disabilities. Provides information to understand state and federal laws. Access training & support and mediation services as appropriate. (360) 725-6075.
- **Long-term Care Ombudsman** -- Resolving any problems or questions about family homes, nursing homes and boarding homes. (800) 562-6028. For abuse, neglect or violation of rights of a resident in a family home, nursing home or boarding home, contact the **Aging & Disability Services Administration** (800) 562-6078.
- **Open Government Ombudsman** -- Helps Washington citizens and Government agencies with Public Records Act and Open Public Meetings Act compliance. Timothy Ford-Asst Attorney General for Government Accountability (360) 586-4802, or timf@atg.wa.gov
- **Washington State University Ombudsman** -- Primary purpose is to protect interests, rights and privileges of students, staff and faculty. (509) 335-1195, or ombudsman@wsu.edu.
- **University of Washington Ombudsman** -- Client-focused services for preventing, managing and resolving conflict among students, staff and faculty. (206) 543-6028.

Comprehensive

- Find a complete listing of services in Washington, by category, by visiting <http://access.wa.gov/services/services.aspx>.
- Pick up a phone and dial *211 to be connected with an operator that can help find services that you need.

As always, if you need help and do not see a resource on this list that meets your need, please call me at (360) 260-6375, and I will do what I can to assist you.